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### CHCA Membership

Create a Proud & Vibrant Community ... Together!

Join your CHCA and participate or volunteer in community events and create that small town feel in Cambrian Heights. Creating and participating in a vibrant community for your family and neighbors is special.

Purchasing an Annual Membership is a small act that supports many neighborhood initiatives such as community events and programs, but also managing and maintaining our facilities, parks, and advocating for residents in community and City planning initiatives.

Membership also recognizes the number of volunteers and Board Members that donate hours of their time to manage and create opportunities for you to enjoy.

#### MEMBERSHIP BENEFITS INCLUDE:

Opportunity to meet and engage with your neighbors at events throughout the year Discounted fees for participation in Community Programs & Events and facilities Keep informed of Community news & events through delivery of the Cambrian *Chronicle* Newsletter to your home, online communication, and community website & email blasts. Management and maintenance of Community Hall, Ice Rinks, Parks & Green Spaces Providing input into city & community planning and development processes Improving your neighborhood by support of Community cleanup initiatives, upgrades to facilities & parks, and traffic safety. Ability to cast your vote at annual AGM on community issues

#### Two Ways to Purchase Your CHCA Membership:

- Apply online on our Website (www.cambrianheightscommunity.com) and purchase safely & securely (Credit Card or Paypal).
- Fill out the membership form (Monthly Newsletter or download from CHCA Website) and Mail-in or Drop off at Cambrian Hall with payment (Cash or Cheque).

You will receive email confirmation of your membership # in place of a membership card. (Mail-in or drop-off applications will be delayed).

To purchase your membership please complete the following form and drop off with payment to CHCA Hall or Purchase online at our website: www.cambrianheightscommunity.com.

Name:				
Address:				
Email:Phone:				
(Personal information is used to inform members of Community events only, no information is shared with other organizations or individuals other than those associated with Cambrian Heights Community Association).				
Membership Type: (Please Select One Only)				
CAMBRIAN HEIGHTS RESIDENTS:       (voting member)         Senior (\$5.00)       Individual (\$10.00)       Family (\$20.00)       Corporate (\$50.00)				
<ul> <li>NON- CAMBRIAN HEIGHTS RESIDENTS: ( non-voting member )</li> <li>Associate (\$20.00)</li> <li>Associate membership cards are not sent out unless proof of membership required for: Please indicate membership purpose: McKnight Soccer Yoga</li> </ul>				
Membership term is for 1 year and is current from January 1 of the year purchased until December 31 of the same year as per the Community Association Bylaws.				

Return the completed form with cheque payable to the Cambrian Heights Community Association and mail or dropoff at: Cambrian Heights Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5

## Cambrian Heights Community Association

600 Northmount Drive NW • Calgary, Alberta T2K 3J5 Phone: 403-284-1175 • Email: CHCA\_HALL@telus.net Website: http://www.cambrianheightscommunity.com

Bylaw Article 4.8.3: The quorum for the transaction of business at any Board meeting shall be one third of the standing Directors plus two. Voting Members required for quorum is 10/3=3+2=5 members. Maximum of 18 Voting Members.

Position	Name	Telephone	Email	Vote	
President	Daryl Connolly	403-470-5339	president@cambrianheightscommunity.com	Yes	
Treasurer	Wendi Elaschuk	403-289-7659	treasurer@cambrianheightscommunity.com	Yes	CHCA
Secretary	lan McKinnon	403-585-7030	ianrmckinnon72@gmail.com	Yes	MEETING
Newsletter Coordinator	Stephanie Melville	403-909-7799	sem.melville@gmail.com	Yes	First Monda
Membership Coordinator	Jennifer Manns		members@cambrianheightscommunity.com	Yes	of the mont except in Ju
Director Planning	Andrew Connolly	403-617-7627	planning@cambrianheightscommunity.com	Yes	and August.
Director - Casino / Garden	David Babich	604-837-7027	david@babich.ca	Yes	Contact the
Director	Phillip Holcomb	587-785-3692	phillipholcomb@gmail.com	Yes	President if
Director	Evan Wan	403-608-7915	evanwan@outlook.com	Yes	wish to atte
Director - Farmers Market	Valerie Vallance		vvallance@shaw.ca	Yes	Contact Hal
Committees - Non Voting					Manager Lo
Rink Coordinator	Brent Else		belse@ucalgary.ca	No	for booking
Hall Manager	Lora Riep	403-284-1175	CHCA_ hall@telus .net	No	403-284-11
City Liaison	Keith Magill	403-826-9152	keith.magill@calgary.ca	No	
Social Committee	Betty Bacque		social@cambrianheightscommunity.com	No	



### **CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE**

June is the month where summer officially begins, and we get to enjoy the best of Calgary weather and utilize our parks and recreational facilities. We will host our fourth annual Family Bike Day on June 14 offering free bicycle tune-ups and family activities behind the community hall. A reminder to everyone that June 21 is Calgary Neighbour Day encouraging block parties and outdoor gatherings. Cambrian Heights continues to offer a \$100 grant for block parties organized within our community. To discuss or apply, contact president@ cambrianheightscommunity.com.

On June 26 we will be holding our Annual General Meeting at the Community Hall. Discussions will include a review of the 2024 year-end financial statements, election of directors, updates on developments regarding the Off Leash Park, our Community Sign Project, and some insights into the housing construction implications of the development rules allowed under the 2024 new R-CG zoning bylaw terms. Also, terms of the existing Restrictive Covenants within a portion of Cambrian Heights will be reviewed.

As everyone is no doubt aware by walking our streets, the City is currently undergoing a rapid expansion of residential development. Within our general area, at the writing of this report, there were 32 active Development Permits in Cambrian Heights, 20 in Rosemont, 57 in Highwood Park, and 162 in Mount Pleasant. These include some single family, but mostly multifamily developments. This pace will continue to escalate into our community.

We are constantly looking towards making our community park space more useable and designed to complement activity and enhance the neighbourhoods within Cambrian Heights. Progress however is determined by volunteer effort and financial resources. Whether adding facilities to the Off Leash Park on 32 Avenue, maintaining the flower beds and general care of the park bordering Cambrian and Northmount Drives or the playground facilities on the 39 Avenue Park, progress is being made. We are always looking for residents willing to volunteer some of their time to improve our parks and their usability. Contact us at cambrianheights@gmail.com for more information. This summer's Farmers Market at the community hall parking lot is fully subscribed with 13 to 18 vendors each week including participants from last September's test market and some new vendors. All will be providing food products regulated under the Alberta Farmers Market Association and by Alberta Health Services. As designed, this market will run every Tuesday from May 27 through October 7 from 3:00 to 7:00 pm. Participant details are provided on our website and in our social media posts.

Please check our website for news, activities, and history of the community. We encourage residents to register their email addresses to receive bulletins dealing with development and social issues impacting the community.

Daryl Connolly

President CHCA



Cambrian Heights Community WEDNESDAY DROP-IN YOGA

> 6:30-7:30 PM IN-PERSON OR ONLINE Jan 8 - Jun 25, 2025

## FIND BALANCE

on and off the mat.

CALL 403-244-3001 TO INQUIRE

June 14th 10-2pm CHCA BIKE DAY

Free Tune Ups Bike Events

www.cambrianheightscommunity.com





CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

CAMBRIAN HEIGHTS

COMMUNITY ASSOCIATION

## ANNUAL GENERAL MEETING

2024 Financial report Election of directors Community activity Parks development programs Impacts of R-CG Bylaw Restrictive covenants

**Reception to follow** 

## Thursday, June 26 at 7:30 p.m.

CHCA Community Hall 600 Northmount Drive NW

### CAMBRIAN HEIGHTS AND ROSEMONT COMMUNITY ASSOCIATION PRESENTS

## **SPRING CLEANUP**



Saturday, August 2 9:30 a.m. - 1:30 p.m.

CHCA Community Parking Lot 600 Northmount Drive NW

## Free for all!

Accepted items: Household waste Mattresses Chairs, sofas Toilets Home electronics And more!



See full list at https://www.calgary.ca/communities/community-cleanup-items.html

## Rosemont Community Association

PO Box 75007, 9 – 728 Northmount Drive NW, Calgary, Alberta, T2K 6J8 Ph: 403-289-6533 • info@Rosemontyyc.com

### **BOARD OF DIRECTORS**

President	Matthew Guilherme
Vice-President	Kris Olsen
Treasurer	Mel Gallant
Secretary	Vacant
Hall Agent	Jacquie Brennan
Newsletter Coordinator	Matthew Guilherme
Development Committee	Adrian Kerry
Traffic Coordinator	Willem Zantvoort
Ice rink Coordinators	Kurt Westergard
Other Board Members at Large	Jean Blackstock

All inquiries can be sent to info@Rosemontyyc.com



r					
2024-20	ROSEMONT COMMUNITY ASSOCIATION <b>MEMBERSHIP APPLICATION FORM</b>				
• Rosemont Res     • Associate Mee     1. Fill out the form	e membership options. Both options cover all members of a household: sident Membership: FREE mbership (live outside Rosemont): \$20 at Rosemontyyc.com/membership OR form and mail to PO Box 75007, 9-728 Northmount Drive NW T2K 6J8.				
Name(s):					
•	dress: Postal Code:				
Email(s):					
Only include ema	il addresses if you want to receive email updates.				
For mailed-in assoc	iate memberships, please make cheques payable to the Rosemont Community Association. us for an associate membership, we will contact to you arrange payment.				
	bership term is for 1 year from September 1 to August 31. Membership is required for most sports associations. Members also receive 10% discount on hall rentals.				
	als Visit Rosemontyyc.com for all community-related Board Meetings are held monthly and are open to anyone in th pocoming events and hall rental info. Register for our community who wishes to attend. Email us at info@rosemontyw				

com for more info about the next meeting.

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monthly email blasts and sign up for a community membership too.

### Howdy Rosemontians!

Summer has officially arrived, but we have had such a beautiful April and May, it feels like we are halfway through the year. Hope everyone has their gardens prepped and mostly planted as I'm sure it will be a great growing season!

We will be hosting our annual Stampede Breakfast on July 5 from 9:00 to 11:00 am. If you are interested in helping us make this another great event, please email us at info@rosemontyyc.com. More hands make for light work, and it is a ton of fun.

In May, we completed some major exterior work by laying down a large amount of mulch around the boardwalk and near the southwest corner of the hall. We also removed the fire pit as it wasn't well utilized. These changes will improve drainage and reduce the amount of mud and dirt that can get everywhere.

Would you like to help shape your community and NW Calgary? In the not-so-distant future, Rosemont will be taking part in a Local Area Plan, which outlines what kinds of density and buildings belong on each street around Rosemont, Cambrian Heights, Triwood, Brentwood, and Dalhousie. Our Community Association will have a seat at the table, and we need volunteers to help be the voice of our community. Learn more this opportunity at RosemontYYC.com/LAP.

We received our January casino payout in May, and this big chunk of money helps us tremendously. With the cost of goods and utilities are always on the rise, this amount helps us to offer free and low-cost events such as our Stampede Breakfast, September BBQ, Shinny, and other events. It also helps us make upgrades and maintenance to our hall as well. Once again, a big thank you to everyone who volunteered, and to lan Kirkland for his leadership.

And with the beautiful weather, be sure to take advantage of Confederation Park in our backyard. We are once again paying to have a port-a-potty at the parking lot because we know how important it is to have this amenity, and the city has indicated they will not be implementing one. If you see any issues with it, please email us at info@rosemontyyc.com. We do our best to maintain it for all those who use the park but can't monitor it 24/7. As always, keep looking after your friends, family, neighbours, and yourself.

Matthew



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## **Restrictive Covenants Update**

### by Jean Blackstock

We had our second meeting regarding Restrictive Covenants on April 7 at the hall. It was well attended and there was lots of interest in getting an RC that all owners can sign to add to their Land Title that would prevent large scale residential development in Rosemont. We have a committee of five people who are willing to move ahead with getting an RC drafted. The cost is typically \$500 to \$750 per house that includes a defence fund. We need to know that there is serious interest in Restrictive Covenants as the next step is to retain a lawyer to draw up the document. We have found properties on Chelsea, Cambrian Heights, Roseview, Rosewood, and Rosedale may already have RCs on title. Please go to rosemontyyc.com/rc or call 403-305-9447 for more information but more importantly email your expression of interest to Restrictivecovenantrosemont@gmail.com as soon as possible.

## **Roasted Chickpea Salad**

### by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

### Servings: 4

### Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

### **Dressing:**

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- 1/2 tsp. salt
- 1/2 tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

### Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

### Bon Appétit!





#### by Anne Burke

We are celebrating the 10<sup>th</sup> Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7<sup>th</sup> Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to https://inaturalist.ca/projects/nose-hill-park-bioinventory.

The goal is to publish an updated version of "The Green Book" in time for its 50<sup>th</sup> Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at https:// inaturalist.ca/. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 "The Green Book" was called "Calgary's Natural Areas: A Popular Guide" as one of the City's most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.

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Bart, Heritage Park



Chico, Shawnessy





Elsbeth, Airdrie

Icy, North

Glenmore Park

Millie, North Glenmore Park



MLA Calgary - Klein Lizette Tejada #232-A - 3630 Brentwood Rd NW **403-216-5430** Calgary.Klein@assembly.ab.ca 

Happy June! It has been a pleasure to see Calgary come to life with the return of warm weather. With spring well underway and summer just around the corner, I am looking forward to participating in the many community events that make this season so vibrant.

In recent weeks, I have had the opportunity to attend several local events that showcase the creativity, dedication, and community spirit that define our constituency. It is always inspiring to connect with residents and recognize the efforts of those who work so hard to bring people together.

The spring legislative session was both productive and meaningful. From budget estimates to key legislation, we addressed a number of significant issues, including disability benefits, arts funding, and protecting Canadian unity. It remains a privilege to bring your voices to the Legislature and advocate on vour behalf.

With session now concluded, I am looking forward to spending more time in the constituency and reconnecting with residents at upcoming events, including local pancake breakfasts. If there is an event in your community that you would like me to attend, please feel free to let my office know.

As always, my constituency office is here to support you—whether it be navigating provincial programs, answering questions, or connecting you with the appropriate resources.

Please do not hesitate to reach out via email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. You can also stay up to date by following me on Facebook, Instagram, X(Twitter), Threads, and Bluesky under the handle @lizettendp.

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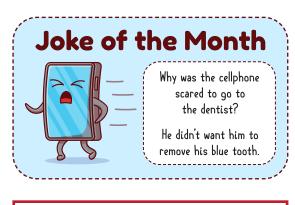
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JUNE 15<sup>th</sup>

## Everything You Should Know About June!

#### The month of June brings beauty in all forms, from flowers to sunlight.

On June 11<sup>th</sup> it is the full moon, or as some people call it, the *Strawberry Moon*.

June 20<sup>th</sup> is the *Summer Solstice*, which is the start of summer in the Northern Hemisphere. It is the day with the most hours of daylight.

Take advantage of those extra hours of daylight to promote self-care and spend time outside with those you cherish. Don't forget, June 15<sup>th</sup> is *Father's Day*. A day where you can celebrate dad and show him how much he means to you.

This June, take some time to celebrate dad and enjoy all the pleasures the start of summer has to offer.

*To view our June deals, please scan the QR code below.* 



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